



# CHRONICLES

Volume XXVII  
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Eradicating domestic abuse from the inside-out.

*Awareness Into Domestic Abuse-AIDA 501c3 is a non-profit organization that seeks to bring awareness to communities. The AIDA Chronicles consists of testimonials of past participants, articles, domestic violence statistics and facts. Our goal for the reader is to gain a greater insight into the ongoing work of transforming themselves and their inferior belief systems. AIDA hopes that all who read the AIDA Chronicles will gain insight into ending domestic abuse in America.*

## Correspondence Courses Available:



**By Mail**  
**Understanding Cycle of Violence**  
Correspondence Course

## AIDA BY MAIL & Understanding the Cycle of Violence

Our Correspondence courses have been completed by over 1,150 participants just like yourself. The course is BPH recognized. If you or anyone you know is interested in taking this course, write to us at:

AIDA  
PO BOX 5323  
Sacramento, Ca. 95817

### AIDA Wants Your Story, Poem or Artwork

AIDA Chronicles is for the community, and we seek to include your words, testimonials, creativity etc. If you are open to sharing related to domestic abuse, (changed behavior, new insights, transformation) please send it to us directly. All work becomes property of Awareness Into Domestic Abuse.

## AIDA highlights the work of attorneys who represent incarcerated people

Rebecca Rabkin is an attorney who represents incarcerated people in Parole Suitability Hearings and related matters, including Youthful Offender Parole Hearings, Elderly Parole Hearings, Rescission/En Banc and Parole Reconsideration hearings, and Habeas Corpus petitions challenging parole denials and Governor reversals. She also handles Habeas Corpus petitions related to conditions of confinement and CDCR Rules Violations, Commutation/Clemency applications before the Governor, and other forms of post-conviction relief.

Rebecca takes a client-centered approach in all her cases, and she dedicates time helping her clients prepare for their hearings and work through complicated factual and legal issues. She is compassionate and hardworking, and makes herself available to her clients and their families and loved ones whenever possible.

Rebecca requires payment for her services. You can reach her by mail at: PO Box 173, Berkeley, CA 94701, by phone at 415-359-6665, and by email at [rebeccarabkin@gmail.com](mailto:rebeccarabkin@gmail.com).



# RECYCLING OTHELLO

By Dennis Jefferson, SQRC



*Dennis Jefferson is a man of service. Currently at San Quentin Rehabilitation Center. Dennis has numerous activities he enjoys such as exercising, attending church services, and is a high-volume reader. Dennis' service includes his facilitation for GRIP, VOEG, Houses of Healing, and HEART. Dennis has contributed excerpts from his writing from a class assignment about Othello and his romance with Desdemona. This writing will show how the cycle of violence was prevalent even back in ancient times.*

AH! And so it begins, with a kiss between the newlyweds, Othello and Desdemona. An affirming gesture of their love and commitment towards one another. Sure, the language is dense-after all Shakespeare wrote this play "The tragedy Of Othello" around 1602. But there is no need to translate the universal, timeless vocabulary of affection. The couple feel the rush of being together without any delusions. That's because brand new love stories typically don't begin in pain and violence. No, they generally start with intact boundaries, chemistry, collaboration... and CALM, a stage Dr. Lenore Walker, who developed the cycle of abuse, would describe as the HONEYMOON/Romance phase. Dr. Walker created this social cycle in 1979, initially to describe controlling patterns of patriarchal behavior by men who feel entitled to abuse their wives.

The other phases of this cycle are: Tension Building, Explosion (Incident), Honeymoon/Calm (where denial/blame take place). This research on patterns of abuse wasn't conducted until centuries after Shakespeare's time. Yet he still manages to accurately describe early signals of co-dependence and insecure attachments. Because abuse has to start somewhere.

Othello: I will chop her into messes...CUCKHOLD ME!

Desdemona: What is he angry

Othello: I am glad to see you mad...DEVIL (He hits her)

Desdemona: I have not deserved this. I understand a fury in your words, but not the words.

Othello: Heaven truly knows that thou art false as hell

Desdemona: To whom my Lord...with whom? How am I false? I never did offend you.

Othello: Desdemona (GO) away, away

So, what has gone so terribly, so abruptly wrong? Remember, initially they communicated in a healthy way by complimenting one another, but now it seems they've shifted into a different sort of complementing-one of abuser and their victim. And Desdemona is absolutely correct when she states she doesn't deserve his mistreatment. No one does.

Ostensibly, the catalyst for Othello's flip out is his mistaken belief that Desdemona is cheating on him. His suspicions and paranoia are growing like wildfire, coerced by the poisonous rhetoric, as well as the outright lies, of his subordinate, Iago. After Othello passes over Iago for a military promotion, he gaslights General Othello, who unfortunately has the inner space for toxic gossip, since expressions of love (love bombing) can comfortably co-exist with patriarchy's demands for total obedience.

So, was Othello lying when he said he loved Desdemona? Not necessarily, maybe he LOVES her passiveness, maybe he loves having intimate access to her, or perhaps it is a simpler metric: Othello didn't so much fall out of love, but rather he fell back into character, defaulting to core beliefs about entitlement and possessiveness. Sure, IAGO plays his part as the soundtrack for weaponized masculinity, but he is simply a messenger, dispatched from the Kingdom of Patriarchy. Othello would already have to be predisposed to toxicity to violently judge his wife without offering her the benefit of the doubt.

The shift to Othello's increasing jealousy, along with Desdemona's appeasements, represents (textbook) Tension Building phase in the cycle of abuse. Desdemona isn't having an affair, but she desperately hopes, by placating Othello's ego, he will return to his charming self from their opening act (before he started gaslighting her) But sadly Desdemona can't prove a negative, and Othello doesn't have the superpower that is vulnerability, where he could begin to articulate that he is scared to lose her, terrified of rejection. So, the outcome can only be tragic.

Othello: She's gone, I am abused and my relief must be to loathe her, O, curse of marriage! That we call these delicate creatures ours...and not their appetites...it is cause my soul, she must die, else she'll betray more men. (He kisses her, wakes her up)

Othello: Think on thy sins

Desdemona: They are the loves I bear to you.

Othello: Ay, and for that thou diest!

Othello still has a choice (one of life's main tasks) move on with his life-or destroy someone else's. He decides on the latter, while misappropriating himself as the victim, shifting the responsibility for his next choice onto Desdemona, but the only person responsible for the abuse is the abuser. The strongest evidence of Desdemona's betrayal exists only in Othello's selfish imagination. He is binging on dark self- anthems, that today would sound like this: "I'm not going to be played...If I can't have her, NO ONE CAN...THIS ENDS ON MY TERMS...DOESN'T SHE KNOW WHO I AM...HAS SHE FORGOT HER PLACE...I CAN'T LIVE WITHOUT HER" but he is moments from choosing to do exactly that.

Yes there are more causes, movements, prevention programs, education, allies, shelters, legal consequences, and even awareness month where the color purple is worn. But despite our aura of progressiveness and moral sophistication, it seems the inability to find a cure for the human condition is our inheritance.

"Love is a spirit all compact of fire, not gross to sink. But light and will aspire."-Shakespeare

## SELF-AWARENESS

The capacity to recognize your own feelings, behaviors and characteristics to understand your physical and emotional self. Having self-awareness is a foundational structure of emotional intelligence. Take the time to check in with self to actually become more aware.



## Suggested Book Reading!

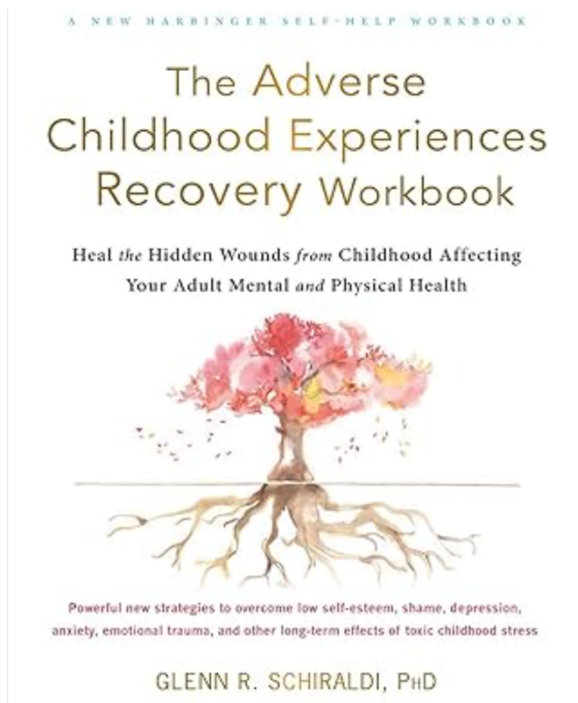
The Adverse Childhood Experiences  
By: Glenn R. SCHIRALDI, PhD  
Available on Amazon

Character as well as beliefs are developed early in our childhood and development. However, what if within those formative years Adverse Childhood Experiences (ACE's) actually derailed the healthy nurturing, and enhancing environment needed to thrive and mature into healthy functioning adults? This workbook assists in understanding and challenging the normalization that possibly led those of us incarcerated to a life of criminality and violence.



## Re-entry Support Services

AIDA Reentry, in partnership with Testimony House would like to afford those who have completed AIDA through in-person, or correspondence the opportunity to apply for supportive housing. Strong consideration will be given to those who have gone through our program. If you are planning on paroling to Southern California and are interested, please write to us for an application.



## WHEN WRITING US:

Don't forget that AIDA is not:

- A Pen-Pal Agency
- A Legal Assistance Program
- Able to write support letters currently.
- A point of contact
- If you send any romantic or explicit content in your letters you will be removed from our member list.

The postal service will return mail if it is not addressed to the organization correctly. Please address it as follow:

### Awareness Into Domestic Abuse

PO BOX 5323

SACRAMENTO, CA. 95817

*We can be reached via the GTL Tablets. Please follow the guidelines from above and be patient in waiting for a response. Sending multiple messages will not expedite a response. Thank you!*



Awarenessintodomesticabuse.com



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